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NASA Astronaut Visits USO, Answers Questions

By MC3 Hank Gettys
NSAB Public Affairs staff writer

National Aeronautics and Space Administration (NASA) Astronaut, Navy Capt. Barry E. "Butch" Wilmore, visited the United Services Organization Warrior and Family Center at Bethesda on Naval Support Activity Bethesda June 19.

Wilmore held a meet-and-greet with service members and their families, along with signing autographs, posing for pictures and answering any questions they may have had.

After the event, Wilmore sat down with The Journal for a casual interview about his time in the Navy and as an astronaut.

Q: How did the Navy prepare you for being an astronaut and going into space?

A: The Navy was the foundation of my professional career. The Navy instilled in me discipline that I have to succeed, the ability to focus and compartmentalize. You get in an airplane on an aircraft carrier and you need to block everything else out. You may be having personal issues, but you have to block that out because the mission is the most important thing at that moment.

Those are all big helps when you think about flying in space, and being able to focus on the task at hand. You think about emergency procedures that you're working at on launch in a space shuttle for example; we don't fly shuttles anymore, but I did way back when, [and] you've got to be able to block everything else out and know your task and do it well. The Navy is the foundation of training for that. You know, doing a spacewalk, and I did four of those on the last mission I was on, you've got tasks at hand, very important procedural tasks and safety things that you need to be aware of constantly. The process of learning and discipline and understanding that the Navy taught me is a foundation for all of that. Everything about the Navy that I did, even down to teamwork and trust. You launch off an aircraft carrier, you land on an aircraft carrier, the guys that are working on the air-



Photo by MC3 Hank Gettys

National Aeronautics and Space Administration (NASA) Astronaut, Navy Capt. Barry E. "Butch" Wilmore signs an autograph during his visit to the United Services Organization Warrior and Family Center at Bethesda on Naval Support Activity Bethesda June 19.

planes, you know I don't go and check everything on an airplane to make sure it's ready to go, I don't go down to the bowels of the catapult and make sure the catapults are ready. You have to trust the people to do their job, and it's the same way with NASA. Launching into space you have to trust a lot of other people with your life, literally, so that's part of it as well.

Q: Did you always want to be an astronaut?

A: Just as much as any other kid growing up when I grew up, everybody wanted to, you know. When I was growing up I wanted to be an astronaut, a garbage man, I wanted to be a fireman, you know the standard stuff. As time went on, that was something that was very intriguing and the challenge and the technical understanding

you had to have to be even considered eligible for that position, the performance getting up to that, as far as my performance in my chosen profession, which was aviation in the Navy. So it was all of that combined and it grew as time went on and it got closer. Finally I had a couple of the wickets done, I had a bachelor's degree and went to test pilot school and got that done then I had a couple of master's degrees and I had the qualifications and started making applications.

Q: Can you describe going into space?

A: Laying on the launchpad the first time it's like, wow, this is something I dreamed of as a kid, thought of as a kid, not something I necessarily only aspired to but here it is. I am actually about to leave the planet. It's hum-

bling. Lord, thank you for the opportunity, but why me? I don't know, but here I go. And just enjoy every single moment of it. Take it all in, soak it all in, like I said, so you can share it, I'm sharing it now. So you can share it and realize that it is a special thing, and as I said, it is quite humbling. You get to space and you experience it and get to see your buddy levitating in the back window of the space shuttle, you know, and it's just weird looking and you're like, 'wow.' And all the different sights you see and the beauty of Earth from space and different objects and things that you see and vehicles coming to the space station as they are flying up and the uniqueness of that. It's just amazing, it's amazing.

The second half of the interview will run in the July 9 Journal.

Commander's Column

What's in a birthday? As a person, it's very personal, and you celebrate the day with family and friends. You look back over your life, ponder where you are in life on that day, and contemplate what the future holds for you and those you love. What if you're a country? I will suggest to you that the same principals and thoughts apply, and it is just as important to celebrate our country's birthday, as it is our own. Of course, there will be a few more candles on the cake as we celebrate our Nation's 239th birthday this week.

Looking back over the life of our country with all the trials and tribulations it has experienced, we realize how far the country has come, and how much she has grown. From those fledgling colonies that yearned to shed the yoke of oppression, they boldly took the first steps to develop a free and equitable new nation. As a young country, she was torn apart by civil war, and survived and persisted to be even better, stronger, and more determined for her people to be free to pursue their dreams. The country graduated to the world stage and fought two world wars, taking that message and belief that all people deserved the right to be free of oppression and the liberty to search out success and prosperity. The country has also struggled, but in that struggle, has moved forward with honoring and respecting the civil rights of each individual. Our country has been a leader in the world in the arts, sciences and technology, and shared those successes. It is important that we gather each year on the Fourth of July to appreciate, celebrate, and recommit ourselves to the freedoms we enjoy as Americans.

That freedom has not come without cost. For most Americans, the Fourth of July is a time of barbecues, fireworks, celebration and fun with friends and family. But many



Americans have spent the Fourth of July on hostile and friendly foreign shores, at sea, far from home, defending our freedom. They did and do it because it is the right thing. They did and do it gladly. They persist then and today, because they know that it means that our country will continue to exist with the principles of freedom, liberty, and happiness.

The influence these beliefs maintain in the world is unmistakable, and our resolve to defend them where and when necessary has never been more courageous or uncompromising. The country must not rest on its laurels. As the leader, it is not easy and it means making sacrifices and hard choices for the benefit of the greater good. For 239 years, our country, and we as a people, do and did exactly that, both for us and for the world. As we continue to mature as a nation, wisdom earned through the blood, sweat, tears, and experience will chart our course. We each have a responsibility to do what it takes to ensure that we, our children, and those that follow help our nation continue to grow as the world evolves and changes.

Much like the candles on a birthday cake, our nation started as a single flame illuminating the darkness, and now, 239 years later, it is a brightly-lit beacon for good, peace, and liberty at home and around the world. Please be safe and enjoy the holiday weekend with your family and friends. Celebrate our country, her story, and her birthday in grand style. Thank you for everything you do for our Nation. I am proud to work and serve with each of you. Happy Fourth of July! Happy Birthday USA!

**All Ahead Flank,
David A. Bitonti, Capt., DC, USN
Commanding Officer
Naval Support Activity Bethesda**

Bethesda Notebook

NCOER Training

Non-Commissioned Officer Evaluation Report Training will be held in the USO Tuesday (8 to 10 a.m., and 2 to 4 p.m.), Wednesday (8 to 10 a.m.), July 21 (8 to 10 a.m., and 2 to 4 p.m.), and July 22 (8 to 10 a.m. and 2 to 4 p.m.). The training is required for all Soldiers E-4 and above as well as other service members in an NCO rating chain. For more information, contact Scott Burgamy at 301-319-7994.

Birth Month Training

Birth month training for Army, Navy and civilian personnel at Walter Reed Bethesda is held every second and fourth Thursday of each month in Clark Auditorium beginning at 8 a.m. Training sessions include personal finance and stress management; sexual harassment; suicide awareness and prevention; customer service; threat awareness and counterintelligence; as well as drug and alcohol prevention education.

Employer Network Event

An Employer Network Event is held monthly on the last Thursday from 11 a.m. to 1 p.m. in Bldg. 11 (lower level), Room 16. Attendees will be able to meet with industry representatives, develop professional connections and explore employment opportunities at the event, open to all active duty, family members, veterans, reservists, non-medical attendees, contractors and civilians. No registration is required. For more information, contact Fleet and Family Support Center at 301-319-4087 or email FFSC@med.navy.mil.

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NSAB Team Enjoys Command Picnic



Photos by MC3 Hank Gettys

Members of Naval Support Activity Bethesda (NSAB) attended a command picnic at the Morale Welfare and Recreation Sports Complex June 25.

Senior Chief Master-at-Arms Jason Rakowski, the command senior enlisted leader, said he was pleased with the turnout and that it seemed like everyone had a good time.

“I think events like this are important to foster comradery, as a morale booster and to foster command spirit,” he said. “It’s a reward for the people for all the hard work that they do, day in and day out to show that we appreciate what they do and to come to work, but have the opportunity to let their hair down a little bit and enjoy themselves for the day.”

The picnic included a catered barbecue lunch, a presentation of gifts to NSAB Commanding Officer Capt. David A. Bitonti and attendees participated in various games and sports such as cornhole, horseshoes, basketball, soccer and frisbee.



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WRNMMC Holds Organizational Day



Photos by Joseph Nieves

The Walter Reed National Military Medical Center (WRNMMC) family came together June 25 for this year's Organizational Day. Staff and their families had a chance to participate in rock climbing, sumo suit wrestling and a chance to dunk some senior WRNMMC leaders into a tank full of water. The children enjoyed face-painting, fire trucks, cotton candy, popcorn, burgers and hot dogs. There was something for everyone. The event was a way, not only for the WRNMMC family to come together, but also for leadership to say thank you to staff members for their dedication and hard work in helping WRNMMC accomplish its missions.



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WRNMMC Inducts Newest Members into 'Backbone of the Army' Corps



Photo by Bernard S. Little

Command Sgt. Maj. Gary Williams, Troop Command-U.S. Army Element at Walter Reed National Military Medical Center (WRNMMC) administers the Non-Commissioned Officer (NCO) Charge to new inductees into the NCO Corps during a ceremony June 17 at WRNMMC.

By Bernard S. Little
WRNMMC Public
Affairs staff writer

Passing between two raised swords crossed at the tips to symbolize their transition from the junior ranks to non-commissioned officers (NCOs), 23 Soldiers were inducted into the NCO Corps during a ceremony steeped in tradition June 18 at Walter Reed National Military Medical Center (WRNMMC).

"Most of you are soon-to-be squad leaders or section chiefs, [and] some of you have worked in roles and duties above your current titles already, which makes you some of the most important leaders in the Army," said Congressional Fellow, Sgt. Maj. Dewayne S. Blackmon, guest speaker at the induction.

"Many people in the Army have more authority and responsibilities than you do, but no leader has a more direct effect on a Soldier [than you]. You are accountable for their development," Blackmon told the new NCOs. He urged them to practice "five powerful points for successful leadership – the 5 Cs"—competence, character, complement, compassion and credibility.

"You have to know your job and your duty," Blackmon said regarding competence. Character involves "knowing yourself" and having moral strength, he explained.

Complement completes something else, or makes it perfect, Blackmon continued. He added NCOs should complement their leaders and Soldiers, which also involves compassion, "a feeling of warmth to help someone who is sick, hungry or in trouble. Always have this for your Soldiers; they need you," the sergeant major added.

Credibility concerns believability, which is "powerful when leading Soldiers. It is your obligation to do what is right," Blackmon said.

"You are a leader and a trainer," he added. "Strive to be the best you can, and remember you are training your replacement. You are a professional Soldier and responsible to your peers, leaders, unit and the U.S. Army."

During the ceremony, service members wore various vintage Army uniforms while explaining the history of NCOs, their traditions, duties and responsibilities. First sergeants lit three candles – red, white and blue – symbolizing an important part of the NCO Corps in military history. The red candle represented valor, blood, sweat and tears from the past to the present. A white candle represented purity, innocence as well as camaraderie. A blue candle represented perseverance, justice and the strength of the corps.

The Army's newest

NCOs then affirmed their commitment to the NCO Corps, also known as the "backbone of the Army," by signing the NCO Oath and receiving a copy of the NCO Charge, along with the NCO Creed at the ceremony.

"Many people told me the ceremony would change the outlook of the rank on my chest, and it has helped," said Sgt. Clayton Gerrian, one of the newest inductees into the NCO Corps. "It makes you proud to have the rank on your chest. It's a great feeling."

Sgt. Christina McGrath, another new inductee, said, "Being an NCO means not only being accountable for myself and my work, but also being responsible for the welfare of my Soldiers and what is going to help them progress."

Another new NCO, Sgt. Alisha Kohler, has accomplished a lot during the past several months. In addition to being inducted into the NCO Corps, she has become an Iron Warrior and won WRNMMC Bravo Company Soldier of the Month, Soldier of the Quarter, and Soldier of the Year. She has also earned the Expert Field Medical Badge.

Kohler said as a new NCO she will portray what she wants her Soldiers to be when they become NCOs. "I can show my subordinates how to do the right thing."

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GME Graduates Encouraged to Lead Close To 300 Earn Health Care Certificates

By Bernard S. Little
WRNMMC Public
Affairs staff writer

Nearly 300 health-care providers received certificates from various specialties in the National Capital Consortium Graduate Medical Education (NCC GME) graduation June 19 at the Strathmore Music Center in Bethesda, Md.

Graduates included interns, residents and fellows from NCC GME programs at Walter Reed National Military Medical Center (WRNMMC), Uniformed Services University of the Health Sciences (USUHS), Fort Belvoir Community Hospital and Malcolm Grow Medical Clinics and Surgery Center. They completed programs in such specialties as surgery, internal medicine, pediatrics, family medicine, obstetrics and gynecology, cardiology, rheumatology, hematology-oncology, their



Photo by Bernard S. Little

Approximately 300 health-care providers graduated from National Capital Consortium (NCC) Graduate Medical Education (GME) programs during a ceremony June 19 at the Strathmore Music Center in Bethesda, Md.

sub-specialties and other concentrations.

The physicians and other allied health professionals from all services completed three to seven years "of hard work providing the bulk of the frontline care to beneficiaries [while] accomplishing outstanding

research and academic achievements," explained Army Col. (Dr.) Clifton E. Yu, chief of GME at WRNMMC. "These individuals represent the immediate and long-term future of our military health-care system," he added.

Rear Adm. (Dr.) Raquel

C. Bono, director of the National Capital Region Medical Directorate and chief of the Navy Medical Corps, acknowledged the families and faculty who, through their support and sacrifices, enabled graduates to achieve their success in the NCC GME, the largest center for GME in the Department of the Defense (DoD).

"We have more than 1,200 faculty members providing 67 training programs to over 700 trainees," Bono said. She added that NCC GME programs provide the nation with many of its best educated providers whose first-time board pass rate is 90 percent. "You are among the best and brightest."

Bono said it's important for the graduates to always remember their mission — "[We] are here to take care of others in uniform, those who have served in the past, as well as their family members." She explained this must be done with compassion, respect and kindness.

"This nation and our military need physician leadership more than ever," added guest speaker at the graduation, Lt. Col. (Dr.) Robert L. Mabry. "Without taking on leadership roles, your voices will not be heard."

He said with budget restraints and global instability, "well-rounded, adaptive, innovative" military medical leaders and a military health-care system are needed to meet the nation's challenges.

"During periods of change, there are those who watch things happen, there



Photo by Bernard S. Little

Graduates of the National Capital Consortium Graduate Medical Education (NCC-GME) programs June 19 included service members from all branches.

are those who make things happen, and there are those who wonder, 'what happened?'," Mabry said. He asked the graduates, "Which will you be?"

Mabry enlisted in the U.S. Army in 1984 and served 11 years as a Ranger and Special Forces medical sergeant before attending medical school at USUHS to become a physician. He participated in combat operations as the senior search and rescue medic for Task Force Ranger in Mogadishu, Somalia during the "Blackhawk Down" battle in 1993, as a Special Forces battalion surgeon during Operation Enduring Freedom in Afghanistan in 2005, and as the Joint Theater Trauma System Pre-hospital Director again in Afghanistan in 2010.

Currently the program director of the Military Emergency Medical Services and Disaster Medicine Fellowship, the largest EMS fellowship in the nation, and director of Trauma Care Delivery at the Joint Trauma System of the U.S. Army In-

stitute of Surgical Research, Mabry encouraged the graduates to have the courage to bring about change to better the Military Health System while continuously learning and developing a network of relationships in order to become effective leaders.

"Have the courage to bring up controversial topics to people who may not want to hear them; have the courage to question your own assumptions and world views; [and] have the courage to ask the hard questions that need to be asked," Mabry told the graduates.

In addition to his wife and children, Mabry said his family includes many of those with whom he has served with in uniform over the years. "Today, you are being granted the privilege of taking care of [them]. It goes without saying I want them to have the best medical care possible. That said, simply being a good doctor won't be enough. When you leave here today, I challenge you to lead."

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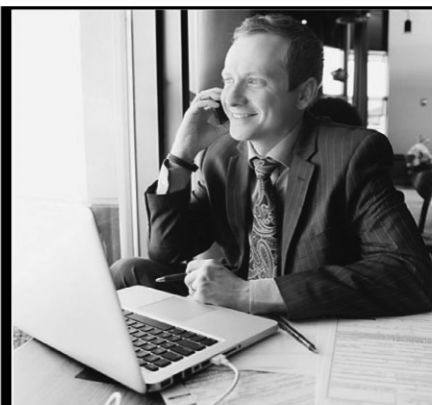
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JULY 5, 2015

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*See dealer for complete details. Photos used for advertising purposes only.